

# Wellness Institute Monthly Calendar

October 2022



## Monthly Celebrations for October

### *Health Literacy Month*

Both individuals and organizations benefit from health literacy, which is the ability to find, understand, evaluate, and use information related to making decisions and taking action to improve and maintain health and wellness.

Lower health literacy is associated with worse health outcomes, partly due to medication errors, less preventative care, and delays in seeking care. The [Institute for Healthcare Advancement](#) (IHA) cites a CDC report that “9 out of 10 adults struggle to understand and use health information when it is unfamiliar, complex, or jargon-filled.”

Visit the [IHA website](#) for suggestions of ways to learn about and to promote health literacy

### *National Reading Group Month*

Join a reading group (in person or virtual) or start one that fits your interests. Many people tell us that reading is an important contributor to intellectual wellness. Discussing what you read adds another dimension! Learn more from the founders of this special month, the [Women’s National Book Association](#), and get [book lists](#), too!

### *October 1: World Smile Day*

Smiling is contagious—start an epidemic!



Social and emotional wellness can be enriched by a smile, friendly messages (calls, texts, or even a postcard), and small kindnesses.

## Week 1: October 2-8

### *October 2-8: International Postcard Week*

Did you know postcard stamps are about 25% less than a first-class stamp? Send someone a postcard! You may be able to find antique postcards from your area at a flea market or at the local historical society. It’s fun to get something in the mailbox!

### *October 5: Do Something Nice Day*

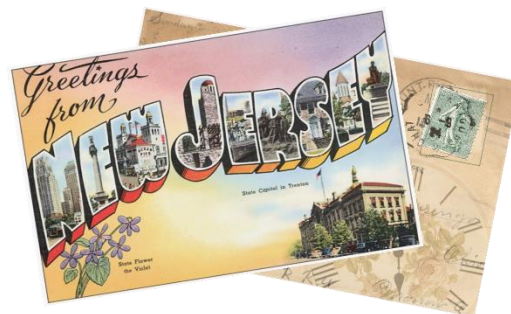
Reach out to someone you care about. Thank someone who has done something nice for you. Take time to be nice to a stranger.

You can find lots of ideas from the [Random Acts of Kindness Foundation](#). You can find ideas, calendars, and quotes (like the one on page 2) to share on social media.

## Week 2: October 9-15

### *October 12: Savings Day*

Founded by Capital One to “empower people to feel more confident about their relationship with money,” this is a great day to learn more about [building up your savings](#).



### Week 3: October 16-22

#### October 20: National Day on Writing

Celebrate the many places, reasons, and ways we write each day with information and ideas from the [National Council of Teachers of English](#).

#### October 21: Apple Day

Although this celebration [began in the UK](#), it's relevant in the US, and a great reminder of the importance of eating fresh fruits and vegetables every day to sustain our health. Try new and different varieties of apples! They keep well and they're easy to carry everywhere.

### Week 4: October 23-29

#### October 25: International Artist Day

This day was founded by Canadian artist, [Chris MacClure](#) to honor the contributions that artists make to society. October 25 was selected because it is [Pablo Picasso](#)'s birthday. Your area may offer some special events (check local listings).

Want to test your knowledge of art? Take this [quiz](#) (it's difficult!), then look up what you missed.

#### October 29: Oatmeal Day

Hot oatmeal warms you up and helps you start your day with fiber, vitamins, and minerals. The type of fiber in oatmeal helps control your appetite, reduce chronic inflammation, and promote healthy digestion. Oatmeal is a healthy grain with lots of soluble fiber, making it a great choice for breakfast or even a snack!

#### October 29: Oatmeal Day(continued)

There are many other ways to enjoy oats, including muesli, oatmeal muffins, overnight oatmeal, and even an occasional oatmeal cookie.

### October 30-31

#### October 30: National Checklist Day

Celebrate the humble checklist as the innovative tool. Armed with a checklist you can accomplish a lot, strengthen your intellectual and emotional wellness, and achieve your goals.



#### References and Resources

- Images on p. 1 were created for this issue (composites from images in the public domain).
- For “this day in history” listings, check out <https://www.thepeoplehistory.com/> AND <https://www.britannica.com/on-this-day>
- For more on health literacy: <https://www.ahrq.gov/health-literacy/index.html> AND <https://www.cdc.gov/healthliteracy/>
- Day sources: <https://www.holidaysmart.com/holidays/daily/october> AND <https://www.angiegensler.com/october-holidays/>